ABSTRACT OF THE DISCLOSURE

An optical disc having a transition linear velocity of 8-11 m/s when irradiating continuous light with 11±1 mW and a wavelength of 660±10 nm using a pickup head with a numerical aperture (NA) of 0.65, and satisfying the following condition:

$$\Delta R = |Rb-Ra| \leq 3\%$$

where Rb is a reflectance of an unrecorded area, and Ra is a reflectance of the top of an eye pattern after ten cycles of recording. In one recording mode therefor, the disc is rotated at a constant angular velocity so as to have a linear velocity of 3-4 m/s on an innermost track and a linear velocity of 8-9 m/s on an outermost track. In another mode, the disc is rotated at a constant angular velocity so as to have a linear velocity of 5-6 m/s on an innermost track and a linear velocity of 13-14 m/s on an outermost track.